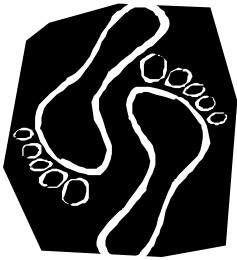


# CHECK YOUR FEET.



If you have diabetes, you may not be able to feel small cuts or sores on your feet. Little sores can become big infections without you knowing.

Check your feet every day.  
Call your doctor if you find an open sore, red tender toe, or change in feeling.

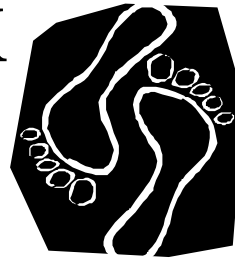
Have your doctor check your feet at least twice a year for blood flow, nerve damage and changes to your foot shape.



Southwest  
District Health

For More Information: [www.cdhd.org](http://www.cdhd.org)

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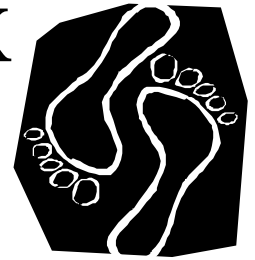
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The 4 reasons people with diabetes have foot problems:

- Nerve damage
- Poor circulation
- Physical changes to the foot
- Less resistant to infections

About 25,500 amputations are done each year because of diabetes. But 50-75% of all diabetic amputations are preventable.

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TAKE CARE OF YOUR FEET.

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1. Keep feet clean and dry.
2. Wash feet daily with warm water and dry well (don't forget between your toes).
3. Check feet daily.
4. Check your shoes twice a day for small objects.
5. Wear shoes and socks that fit well.
6. Never go barefoot.
7. Trim nails carefully.
8. Avoid burns (hot water, pavement, sand, heating pads).
9. Have a podiatrist work on corns or calluses.
10. Call your doctor if you find an open sore, red tender toe, or change in feeling.

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